

RECIPES



Quick and Easy Microwave Egg, Ham and Cheese

Ingredients:

- 2 eggs
- 1 English muffin, halved and toasted
- 1 slice cheddar cheese
- 1 slice ham

Instructions:

Crack 2 eggs into the individual circles of your Kitchen HQ Microwave Cooker. Close the lid then microwave for 3-4 minutes. Remove and serve on top of your English muffin, along with salt and pepper to taste. Top with cheese and ham, enjoy!



Bacon and Pepper Egg Bites!

Ingredients:

- 2 eggs, scrambled
- 2 tbsp cheddar cheese, shredded
- 2 tbsp bacon, cooked and finely chopped
- 2 tbsp bell peppers, finely diced
- 1 tbsp parsley, finely sliced

Instructions:

Whisk together the eggs, cheese, bacon, peppers, and parsley along with salt and pepper to taste. Pour into the individual circles of your Kitchen HQ Microwave Cooker. Close the lid then microwave for 3-4 minutes. Remove and enjoy!

Three-cheese Egg Bites

Ingredients:

- 2 eggs, scrambled
- 2 tbsp cheddar cheese, shredded
- 2 tbsp mozzarella cheese, shredded
- 1 tbsp parmesan cheese, finely grated

Instructions:

Whisk together the eggs and the cheeses along with salt and pepper to taste. Pour into the individual circles of your Kitchen HQ Microwave Cooker. Close the lid then microwave for 3-4 minutes. Remove and enjoy!

French Onion Egg Bites

Ingredients:

- 2 eggs, scrambled
- 2 tbsp Gruyere cheese, shredded
- 2 tbsp caramelized onions, finely chopped
- 1 tbsp parmesan cheese, finely grated

Instructions:

Whisk together the eggs, cheeses, and onions along with salt and pepper to taste. Pour into the individual circles of your Kitchen HQ Microwave Cooker. Close the lid then microwave for 3-4 minutes. Remove and enjoy!

Goat Cheese and Herb Egg White Omelette

Ingredients:

- 3 egg whites, scrambled
- 2 tbsp goat cheese, crumbled
- 1 tbsp chives, finely sliced
- 1 tbsp dill, finely chopped
- 1 tbsp parsley, finely chopped

Instructions:

Whisk together the egg whites, goat cheese, and herbs along with salt and pepper to taste. Pour into the Grill Pan of your Kitchen HQ Microwave Cooker. Close the lid then microwave for 4 minutes. Remove and enjoy!



Deluxe Omelette

Ingredients:

- 3 eggs, scrambled
- 2 tbsp white cheddar, shredded
- 2 tbsp ham, finely diced
- ¼ Roma tomato, finely diced
- ¼ yellow pepper, finely diced
- 1 tbsp chives, finely chopped

Instructions:

Whisk together the eggs, cheddar, ham, tomatoes, and chives along with salt and pepper to taste. Pour into the Grill Pan of your Kitchen HQ Microwave Cooker. Close the lid then microwave for 4 minutes. Remove and enjoy!



Sundried Tomato Egg White Omelette

Ingredients:

- 3 egg whites, scrambled
- 2 tbsp sundried tomato, finely diced
- 2 tbsp spinach
- 2 tbsp feta cheese, crumbled
- 1 tsp Italian seasoning

Instructions:

Whisk together the egg whites, sundried tomato, spinach, feta cheese, and Italian seasoning. Pour the Grill Pan of your Kitchen HQ Microwave Cooker. Close the lid then microwave for 4 minutes. Remove and enjoy!



Spiced Grilled Chicken

Ingredients:

- 1 tsp paprika
- 1 tsp oregano
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 2 tsp olive oil
- ½ lemon, zested and juiced
- 1 chicken breast, 1" thick

Instructions:

Combine the paprika, oregano, garlic powder, onion powder, olive oil, lemon zest and juice together and stir to combine. Spread onto your chicken breast then season with a pinch of salt and pepper to taste. Place in the Grill Pan of your Kitchen HQ Microwave Cooker. Cover and microwave on high for 6-7 minutes (or until your chicken is cooked through to 165 degrees). Enjoy!



Grilled Sesame Salmon

Ingredients:

1 tbsp tahini

1 tsp soy sauce

1 tsp sesame oil

1 tsp honey

Warm water to loosen

2 x 4oz Salmon filet

Instructions:

Combine the tahini, soy sauce, sesame oil, and honey and whisk well to combine. Loosen with some hot water. Then, spread onto your salmon and place in the Grill Pan of your Kitchen Microwave Cooker. Cover and microwave on high for 4-5 minutes. Remove and enjoy!



Blueberry Pancakes

Ingredients:

- 1 ½ cups milk
- 2 eggs, beaten
- 2 tbsp butter, melted
- 1 tsp vanilla extract
- 1 ½ cups AP flour
- 1 tsp salt
- 2 tsp baking powder
- 1 tbsp sugar
- 1 cup blueberries

Instructions:

Combine the milk, eggs, butter, and vanilla extract. In a separate bowl, whisk together the flour, salt, baking powder, and sugar until evenly incorporated. Add the wet ingredients to the dry, then whisk just to combine. Put some of the batter in each of the circles of your Kitchen HQ Microwave Cooker. Top with some blueberries, close and microwave for 3 minutes. Remove, refill and continue until all the batter is cooked. Enjoy!



Quick Sausage Patty

Ingredients:

4.5 oz sausage, meat divided

Instructions:

Take the sausage meat out of the casing. Divide the meat amongst the two circles of your Kitchen HQ Cooker. Cover and microwave for 4 minutes. Remove and add to your egg sandwich for breakfast!



Garlic and Herb Shrimp

Ingredients:

- 7oz shrimp,peeled and deveined
- 2 tbsp butter,melted
- 1 garlic clove,finely minced
- 2 tbsp parsley,finely chopped
- 1 tbsp dill,finely chopped

Instructions:

Mix the shrimp with the melted butter,garlic,parsley,and dill the season with salt and pepper to taste.Place in the Grill Pan of your Kitchen HQ Cooker.Cover and microwave for 3 minutes.Remove and enjoy with fresh lemons for squeezing!



Grilled Sausage and Peppers

Ingredients:

2 x 4.5 oz Sausages

½ red pepper, sliced

½ yellow pepper, sliced

¼ white onion, sliced

Instructions:

Add the sausage, peppers, and onions to the Grill Pan of your Kitchen HQ Microwave Cooker. Cover and microwave for 9-10 minutes. Remove and enjoy!